

























Ladies

Fitness and Health Club

July Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	 GROUP RIDE® Cardio	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	Bringing  GROUP POWER® In August	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs		Instructors Rotate
8:30 am	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	Ride 'n Shape Cardio	Flirty Girl Dance 18 and older	 GROUP POWER® Weights	 GROUP RIDE™ Awesome Abs Cardio	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs 8:30am
9:30 am	 GROUP CENTERGY™ Yoga Pilates Tai-chi	 ROCKSOLID STRENGTH Rock Solid Strength	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	 GROUP CENTERGY™ Yoga Pilates Tai-chi	 ROCKSOLID ADRENALINE Rock Solid Adrenaline Cardio	Hip Hop Abs Dance 9:30am
12:00 pm			 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs			 GROUP CENTERGY™ Yoga Pilates Tai-chi 10:30am
4:30 pm	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	 GROUP RIDE® Cardio	Zumba Dance	 GROUP STEP® Cardio	Flirty Girl Dance 18 and older	Club Hours Mon-Thurs 5am-9pm Friday 5am-8pm Saturday 8am-4pm
5:30 pm	 GROUP STEP® Cardio	 GROUP POWER® Weights	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	 ROCKSOLID STRENGTH Rock Solid Strength	 GROUP ACTIVE™ 20-20-20 Cardio Weights Abs	
5:30 pm			Ride 'n Shape Cardio			Childcare Mornings Monday-Sat 8am-12pm Evenings Monday-Fri 4pm-8pm
6:30 pm	Flirty Girl Dance 18 and older	 GROUP CENTERGY™ Yoga Pilates Tai-chi	KICK 'N SHAPE	Hip Hop Zumba		

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